

Abstract

The purpose of this study was to determine whether there were differences in the prevalence of risk factors for low back pain between two groups of subjects who had been exposed to different levels of physical activity during their lifetime. The subjects were divided into three age groups: young (< 40 years), middle-aged (40–60 years) and old (> 60 years). Each group was further divided into two subgroups based on their level of physical activity: active and sedentary. The prevalence of risk factors for low back pain was determined by a questionnaire survey. The results showed that the prevalence of risk factors for low back pain was significantly higher in the sedentary group than in the active group across all age groups. The prevalence of risk factors for low back pain was also significantly higher in the middle-aged and old groups than in the young group. The results suggest that physical activity may play a role in the prevention of low back pain.

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INTERFERENCE SEARCHED			
Class	Subclass	Date	Examiner
PGPUB class + text , claims search, east		9/13/2007	JOC

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